

# Facing a difficult or upsetting event

After experiencing an upsetting event or receiving difficult news, it's not uncommon to experience changes in emotions, behaviors, and thoughts (see below). While these reactions are common in the short-term aftermath of an event, those experiencing these over a long period of time (1 month+) afterward may benefit from additional help.

Modern Health is here to help those facing difficult or upsetting situations, including those experiencing mild to more serious distress, and also those that want to support family members, friends, or colleagues through this situation.

## Common reactions following difficult or upsetting news or events:

EMOTIONS	BEHAVIORS	THOUGHTS	PHYSICAL REACTIONS
<ul style="list-style-type: none"><li>• Anxiety and fear</li><li>• Sadness, grief, and depression</li><li>• Anger and irritability</li><li>• Disconnected, withdrawn, numbness</li><li>• Lack of enjoyment</li><li>• Feeling empty or hopeless</li><li>• Shock</li></ul>	<ul style="list-style-type: none"><li>• Fighting with family</li><li>• Excessive substance use</li><li>• Being overprotective</li><li>• Keeping excessively busy</li><li>• Isolating</li><li>• Avoiding places, activities, or people that cause distress</li></ul>	<ul style="list-style-type: none"><li>• Difficulty concentrating or following instructions</li><li>• Memory problems</li><li>• Trouble communicating</li><li>• Difficulty stopping worry or other negative thoughts</li></ul>	<ul style="list-style-type: none"><li>• Fatigue</li><li>• Headaches, tension, pain</li><li>• Increased heart rate</li><li>• Difficulty sleeping</li></ul>

It's important to know that we all experience some of these reactions, regardless of age, gender, or type of difficult event.



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## How can Modern Health help those experiencing distress or having a difficult time?

Modern Health can connect you with a certified coach or a licensed therapist to help you address your needs. You can expect them to collaborate with you to develop a plan based on your goals, whether that be to reduce your distress, learn new skills, or have a space to process your experience.

### Supporting colleagues or loved ones



#### Listen

Listen patiently and acknowledge their experiences



#### Share

Tell the person how much you value them (and why)



#### Be positive

Maintaining hope and caring for your colleagues are crucial



#### Be patient

Recovering after a difficult event doesn't happen overnight and might include setbacks. Patience and consistent support are key.



#### Encourage participation

Encourage, but don't force, your colleague to participate in different activities or events, no matter how normal they may seem



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